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The Flu a.k.a. Influenza



Influenza, or as it is more commonly called, the flu is a **contagious disease**. This means it can easily be spread from one person to another. It is a disease that affects the nose, throat, and lungs. It is spread through small amounts of saliva and mucus from the **infected person**. It can also be caught by touching a surface that has just been touched by an infected person. When the sick person touches the surface, a little of the virus stays there and can be picked up by someone else. This can include computer keyboards, doorknobs, and cellular phones. The flu may lead to severe problems such as:

- pneumonia.
- asthma.

Different types of flu

There are three types of the flu virus. They are Types A, B, and C.



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Contagious disease - a disease that is easily spread from one person to another.

Infected person – a person who is sick or will get sick.

What are the symptoms?

A person with the flu will experience the following **symptoms**.

- A dry, hacking cough
- Body aches and pains
- Nausea
- Vomiting
- Fatigue
- Sore throat

Interesting Facts

5-20% of the U.S. population will get the flu every year! 10,000 - 49,000 people will die each year due to flu-related issues in the U.S.

Who is at risk of getting the flu?

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How to prevent the flu?

There are several ways to keep yourself from getting sick. These ways include:

- The flu vaccine (flu shot). This is considered the best way.
- Avoiding crowded places during the flu season
- Practicing good hygiene including washing your hands

How is the flu treated?

There is no cure for the flu, you can only treat the symptoms with over-the-counter drugs and wait to get better. Unless you are very sick, there is no need to go to the hospital. Instead, stay home to avoid spreading the flu to others, get lots of rest and drink plenty of clear fluids.

Symptoms – something that results from being sick. Examples include a cough, runny nose, etc.

Reading Comprehension Questions:

1. What
2. What does it mean when a disease is contagious?
3. How
4. What
5. Which groups of people are more likely to get the flu?
6. What is
7. Give two types of treatment for someone with the flu?
8. What

Extension Questions

9. Research how flu shots are given for the following age groups: Children 2-8 years old, children 9-17 years old, adults 18-50 years old and adults older than 51. What would your recommendation be for the different groups and why?

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TWF READING

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